



CHICKEN PATE



Serves: 10
Prep: 25mins
Cook: 60 mins



Nutrition per serving:
310 kcals 20g Fats
3g Carbs 29g Protein

INGREDIENTS:

- 2.2 lb. (1kg) chicken breast
- 2 eggs
- 3 tsp. dried tarragon
- 4 tbsp. (60ml) port
- 2 tsp. salt
- 5.2 oz. (150g) smoked bacon
- $\frac{3}{4}$ cup (75g) pistachios
- 1 duck breast, around 7 oz. (200g), sliced
- 2 cups (100g) semi-dried tomatoes

PREPARATION:

- Preheat the oven to 300F (150C).
- Mince the chicken breasts in a food processor or high-speed blender. Mix the minced chicken breast with the eggs, tarragon, port and salt in a food processor until smooth.
- Line a bread tin with the slices of bacon.
- Spoon $\frac{1}{4}$ of the chicken mixture into the tin, and then spread the pistachios. Cover this with $\frac{1}{4}$ of the chicken mixture, and then place the duck on it. Cover again with $\frac{1}{4}$ of the chicken mixture and arrange the tomatoes on top. Finally cover with the rest of the chicken and fold the overhanging slices of bacon inside.
- Put the bread tin in a roasting dish halfway filled with water. Bake the pâté for about 1 hour slightly below the middle of the oven.
- Remove from the oven and pour out the fat released from the pâté. Leave to cool in the tin. This takes about 3½ hours.
- Finally, take out the pâté on a board and cut into slices.

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